

THE WASHINGTON TIMES MAGAZINE PAGE

Economic Independence Means Greater Power to Develop Group Happiness

Reader Comments On Manifestation of Married Women To Make Life Easier For Family—Sees Fewer Marriages, But Community Betterment.

THE desire for economic independence on the part of married women is only another manifestation of a desire to develop latent abilities and thus make life easier for the families, asserts a reader of The Times in a letter discussing a recent article by Mrs. Christine Frederick. The writer urges mothers to educate their daughters to look forward to a business or profession rather than to the ambition to catch a husband. She foresees fewer marriages and few divorces, but with it a growth of personal responsibilities for women and community betterment.

Her letter follows:

To the Editor of THE TIMES: I was much interested in Mrs. Christine Frederick's article in The Times as to the economic independence of women. It is a topic which is interesting, or should be, to all married women and while I have no solution of the economic conditions existing in the married state, I would like to state some features of the question which Mrs. Frederick has not touched upon.

I agree with her that a married woman should not expect to have economic independence without assuming its responsibilities, but I believe that a large percentage of our married women are quite capable and willing to assume this same responsibility were they given the opportunity to develop their unused capacities.

The men are not to blame for the present conditions, and they are tied down as well as the women. However, they do have the spirit of independence and realize that they are of economic value in the community. The wife who merely spends her husband's money and by her own efforts does not earn any, is a dependent in every sense of the word. She suffers in spirit only as she realizes her condition, and if she is sufficiently strong and determined she will eventually fight for liberty, not for personal liberty, but for the spirit of freedom which she will gain through economic independence.

The Source of Friction.

When all, or nearly all, of a husband's wages are consumed in the care and rearing of a family, and this is the only class Mrs. Frederick discussed, there is much less friction and dissatisfaction as to economic independence. It is when one or both of the parties in the married state are thrifty and wish to lay by a portion of their income for rainy days, investments, or for a competition in old age that the trouble arises.

I think Mrs. Frederick will agree that the average husband, who, in his own mind, is the head of the family, and who has been enabled to lay by money for investment, will hold that he has the right to invest in the market, and that his wife, who has been enabled to lay by money for investment, will hold that she has the right to invest in the market, and that his wife, who has been enabled to lay by money for investment, will hold that she has the right to invest in the market.

However, as frequently entire savings are swept away through foolish investments, or bad judgment, the

wife may be pardoned for wondering if her rigid economies to save have been worth while.

Or it may be that the wife and her husband, by their educational advantages for their children, wishes to save and economize for their future and the husband, not necessarily selfish, but with an entirely different viewpoint, prefers to spend his money as he goes, perhaps largely upon his wife and children in the form of lavishment. Here the wife is helpless and must sacrifice her wishes to those of her husband or alienate him and his affections.

The average mother is not selfish and were she possessed of an income of her own, I should quite expect her to spend a goodly share of it upon her home and children. It is usually because she cannot do this that the economic independence of women is a rule less selfish than men, and practice small economies daily, to the latter would seem to do and of which they know nothing.

Woman's Mental Equipment.

Many women are better equipped mentally and physically to wrestle with the economic world than their husbands, but during the years that their husbands are struggling with economic problems and fitting themselves for business, they are bearing children, rearing them at home, and until middle age, if the family provider makes but a poor living, are compelled to keep their minds constantly upon a struggling family income, and trying to be good mothers to their children.

A woman who feels within her possibilities that, given an opportunity for development, would permit her to have a family to a higher plane of living and give them greater advantages will chafe under the hard toil and endless work and struggle to free herself.

I think few women who are crying for economic independence are wanting for self-reliance. The selfish women are quite content to let the men struggle with the problem of living to let the men pay their debts and make their own mistakes.

Their only idea of economic independence is to compel their husbands to give them more money to spend upon themselves. But this class is in the minority, compared with the constantly growing one composed of married women who want only an opportunity to develop their latent abilities and help their husbands and children, not to make life harder for them.

Effect of Fewer Marriages.

Neither the man nor woman is to blame for present conditions; it is the natural outgrowth of our system of education. It throws upon mothers to discuss this question freely that we may know how to raise and train these little daughters that we love for their future difficulties and responsibilities.

If we educate them as we do our boys, holding before them a business or profession as the goal for their better qualities, instead of catching a husband, then we will have fewer marriages, for, in love with their work and interested in its development, they will not hurry into matrimony and will not part with their freedom and independence except for love alone.

BESSIE M. FANTS.

Champion of "Super-Normal" Child Defines Education As Self-Control

Mrs. Winifred Sackville Stoner Urges Mothers of Clever Children to Take Charge of Training Themselves.

By FLORENCE E. YODER.

The champion of the super-normal child, Mrs. Winifred Sackville Stoner, and her twelve-year-old girl prodigy, Winifred, Jr., are in Washington today. The authority for the name of champion is no other than Mrs. Stoner herself, for she is self-styled as such, and does not hesitate to state emphatically that there is lots of work for her to do.

"I am the champion of the super-normal child," she said cheerfully this morning in a brisk and breezy interview. "There is everything in the world being done for the normal child. Our whole school system is an attempt to give him an education, and in the last few years it has been found necessary to acknowledge the existence of the sub-normal child. So there are but two types of children, the normal and the sub-normal child, or the child who is even a little better than the average, is left out entirely."

"His plight is as bad as that of the sub-normal child, but has not been publicly admitted as such. Our schools can do nothing for him, or else so little that from sheer lack of something to do he gets into mischief."

"Physically and mentally, the clever child who is held down is tortured. He is like a spirited horse, hitched tight and fast to an old wagon beside a heavy plow horse who cannot and will not proceed at anything but an ambling gait. Straining and pulling, the spirited horse works himself into a fever mentally and physically, and succeeds in merely delaying all progress."

"I am not fighting the public schools, and I do not wish to be quoted as having made any charges against them. The fault lies largely with those mothers who could train their children at home but who do not."

"If every mother who is able mentally and financially to train her child at home would do so, the public schools would be freed of the excess number of pupils. It might then be possible for each instructor to have but ten pupils in each class of the public schools."

"Only in this way can full justice be done the child who is mentally adapted to the school curriculum."

Mrs. Stoner paused hesitatingly on



MRS. WINIFRED S. STONER.

the brink of a discussion of children as classes and as individuals, but refused to discuss the subject further, and turned the subject by inviting questions from the interviewer.

Daughter Proof of Her Theories.

"Why have I brought my daughter out?" she repeated.

"I am more than anxious to answer that very question. My little girl is the living, breathing proof of all my theories. She is the one incontrovertible argument to support my statements which I have made in the past and which I have incorporated in my book on natural education."

"Not for the purpose of raising for myself, or for her, have I ever let her appear in public, but for the hundreds of other little boys and girls whose lives are being made miserable by being treated as mentally defective in large classes instead of receiving individual attention in the home."

"For it is my contention that any mother can do for her own child what I have done for mine. Education, after all, is merely a matter of self-control. The education of the parent in order

School for Parents Will Attempt to Produce Perfect Thought From the Man-Woman Mind to Develop Educational Theory.

and the joy of service. Time should never be wasted.

To Teach Parents. That the duty to the child be carried out was the next idea to be explained by Mrs. Stoner. The fat and healthy young Winifred was not to be seen, but anxious looks up the head of the lobby indicated that the fond mother was on the lookout for the young woman, who has been so widely talked of in America. She had gone for a walk, and even though perfectly sure of the ability of her daughter to more than take care of herself, Mrs. Stoner was normally anxious not to miss her.

Next summer at the "Castle" at Tarrytown-on-the-Hudson a school for parents will be established. There fathers and mothers are to come and bring their children. The women are to be graduates of the school, and they will live in tents pitched in the grass.

The mother in the only one who should be taught and who should do a share in the instruction of the child. The only perfect thought emanates from the man-woman mind, from the combination of the mental powers of both sexes. The child who is entirely under the influence of either one or the other of the sexes is not the broadest of development. Fathers should assist in exactly half of the education of the child.

Just Human and Natural.

Mrs. Stoner will appear at the auditorium of Woodward & Lothrop this afternoon, and at the Public Library this evening. The public is invited. Miss Winifred, Jr., will contribute her share of the program by merely being herself. And this, by the way, was the last statement of Mrs. Stoner.

"No, I just say what I want to say. Why, if I had to beat about and prepare speeches I never would have come to do all that I want. I just am so imbued with the whole thing that it is a part of me. Winifred doesn't prepare her words, she just makes them up as she goes along. I think too, for you see, after all, the thing that I am trying to prove is that I am a perfectly natural mother, with a perfectly natural child, just going about being human and natural. If I were not, my whole theory of natural education would be worth nothing."

"The definition of natural education? Training from the first breath to the last, no grind, and work for a purpose."

Cabbage, Cauliflower and Celery

Home Garden Cultivation For Average Family Will Give Satisfactory Results.

Home Garden Series, No. 7.

According to the Department of Agriculture's new Farmers' Bulletin (No. 64), "The Home Garden in the South," cabbage seed should be started in hotbeds, except in the Gulf States. The seed should be planted in the frames in November or December, or about eight weeks before time for planting in the open. Cabbage will withstand a hard freeze if the plants have been hardened off before they are planted in the field.

For spring and early summer cabbage the following varieties are recommended: Jersey Wakefield, Charleston Wakefield, Allhead, Early, and Succession. The Copenhagen Market, a

prepared by the Department of Agriculture, is in many localities, and is well worth a trial.

In most sections of the South it is not advisable to grow cabbage during midsummer, but a fall crop should be grown. The same varieties may be grown in the autumn as in the spring, but it is usually desirable to plant late varieties, such as Flat Dutch or Danish Ball Head. Seed for the fall crop should be planted in a cool location in late summer and the plants set out as soon as they reach the proper size and the soil contains sufficient moisture.

Set fourteen to eighteen inches apart in rows thirty to thirty-six inches apart. The earlier varieties, which grow small heads, usually set closer than the later ones.

For further information on cabbage

growing, read Farmers' Bulletin 433, entitled "Cabbage."

Carrots and Cauliflowers.

The soil and cultural requirements of carrots are practically the same as for beets. Carrot seed, however, should not be planted so deep as beet seed, and the plants can be allowed to grow closer together in the row. Carrots may be grown in a hotbed or in a cold frame, or in the open ground, or they may be left in the ground to be harvested as needed.

Varities recommended: Half-Long Scarlet, Early Scarlet Horn, and Chantenay.

Cauliflower thrives best on a rich, moist soil. The culture of this crop is about the same as for cabbage, but it is not so hardy and must be protected from the cold.

Prepared For The Table.

Cauliflower is often prepared for the table in the same way as cabbage. One of the best methods of preparing cauliflower is to boil the whole head in salt water (1 teaspoonful of salt to 1 quart of water) until it is tender. Drain off the water, and pour over it a white sauce made as follows: Melt 2 tablespoons of butter and rub into it 2 tablespoons of flour, add a cup of cold milk; stir until smooth; boil the milk with the flour and butter until thick. Pour the cauliflower over the sauce, and sprinkle with 2 tablespoons of grated cheese and buttered cracker crumbs. Bake in a hot oven.

Varities recommended: Early Snowball and Dwarf Erfurt are the varieties of cauliflower most commonly grown in the South.

Celery Requires Rich Soil.

In the upper South celery may be grown in the spring or in the autumn. As a spring crop, the seed should be started in a hotbed during the winter so that the plants may mature before midsummer. Celery does not bleach well in hot weather, but roots when banked in straw or manure.

Set the celery plants six inches apart in rows three feet apart for home cultivation, or eighteen to twenty-four inches apart when hand cultivation is to be employed.

Celery requires a deep, rich, moist soil and frequent shallow cultivation. When grown as a fall crop, the plants may be planted after some other crop, such as peas, beans, cabbage, lettuce, or radishes. When the celery plants are nearly grown, a little soil should be drawn around the base to hold the plants in place. About two weeks before they are ready for the table the bleaching should begin. Soil, boards, or paper may be used for bleaching, but soil should be employed only when the plants are to be used for stock.

For further information on celery growing, read Farmers' Bulletin 282, entitled "Celery," which is sent free to those who apply to the department.

Collards Form Rosettes.

A group of non-heading cabbages differing slightly from kale, but withstanding summer heat better than either kale or cabbage, is extensively grown throughout the South under the name of Georgia collards. Collards do not make a true head, but form a rosette of leaves, which are very tender.

The culture and uses of this plant are the same as those of cabbage and kale.

Jealousy Has Its Seat In Thyroid Gland, Treasure Trove of Other Emotions

By DR. LEONARD KEENE HIRSHBERG.
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THE fox who hated the sour grapes, which went untaunted because they were beyond his reach, exemplified to that marvelous Greek slave, Aesop, the class of persons who pollute the good name and characters of those beyond their destructive paws. A competitor envious of another, in fear to put down in black and white the lies in his heart, says: "Who, Grape? Ha, I know him. If you knew him as well as I did you would not think so well of him!"

Thus by venomous innuendo and the damnation of a shake of the head the envious slanderer seeks to accomplish the poison of the assassin what he cannot do in a fair fight.

Plutarch tells how a certain philosopher heard once that such fellow spoke well of him. "I'll lay my life," said he, "that he was told of my death."

Jealousy's Bodily Effects.

Envy has recently been re-investigated physiologically and psychologically—two almost similar points of view from the experimental viewpoint. The effort has been to make out the precise distinction between envy and jealousy.

When certain glands of animals are removed by the scalpel knife of a skillful surgeon, baked, dried and measured, they may be injected into the lymph and blood of ill persons with Aladdin-like results.

Each one, from the pineal gland beneath the brain to the tiny carotid gland near the jugular vein, plays a large part in the joy and laughter, glee and ebullition, sorrow and anxieties of life.

Jealousy has been fairly well identified with that treasure trove of emotions the thyroid gland. It is also intermeshed with the sexual glands, particularly the ovaries in women and the testes in men. Jealousy is a disease of the glands, and is a disease of the glands, and is a disease of the glands.

Dr. Savage shows conclusively that the universal conception that envy, jealousy and similar emotions reside in mental processes is a survival of the days when the brain was supposed to feel, feel and perceive. As a matter of fact, the brain is merely a telephone exchange or wireless station through which feelings and emotions are passed.

Insanity, therefore, is often a disease of the brain, as well as with an injured cerebrum. If the brain is diseased, the glands are deranged or chemically interfered with, insanities such as "mongolism" or stupor, and other types with absent intellectual strength appear, yet the brain is absolutely healthy.

Hints for Girl Canoeists

The Girl Who Is Able To Paddle Her Own Canoe Is Apt To Be Invited Offener Than The Girl Who Can Do Nothing But Loll Back On The Pillows.

By MABEL E. WINSLOW.

THE canoeing season has begun. Even in March a few straggly canoes left their winter moorings and ventured out into the river. It will not be long before each evening will see the river crowded with small craft.

Although a few girl canoeists are proud of the fact that they can handle their boats as efficiently as any man, the majority of women are content to loiter idly in the bow and let masculine muscle supply the motive power. In spite of this, a girl who can paddle her own canoe is apt to be invited offener than the girl who can do nothing but loll back on the pillows.

Perhaps half of the girls who would gain in strength by learning this delightful summer sport have been deterred by the advice of well-meaning persons who exaggerate the dangers of canoeing, and cite instances of expert swimmers whose canoeing parties have ended fatally. No canoeist was ever drowned who kept the rules of the sport.

Here are a few "commandments" that anyone should follow:

1. Step to the center of the canoe and get comfortably settled before you leave the wharf.

2. Kneel, if possible. This position gives great control of the boat and is not uncomfortable if a pillow is used between the knees.

3. If the position of the knees must be shifted, place the hands on each side of the canoe to maintain balance.

4. Always cross waves at right angles.

5. If the boat seems unsteady shift the feet until it rides on even keels.

6. Carry an extra paddle in case one should break.

7. Don't turn or shift your position suddenly. If you are alone, take a position at the middle of the boat instead of the stern.

In Canada everyone kneels to paddle. In fact, the Canadian canoeists are made with seats, two cross-bars taking their place. American-made canoes need a little shifting to adapt them to this way of paddling. Usually the stern seat is in good position, but the bow needs to be moved back to allow plenty of room to kneel. It is not necessary to remove the seat, however, if the kneeling position sounds uncomfortable to those who have adopted it. With a pillow under the knees and the cross-bar on the edge of the seat as a back rest, this position may be kept for hours.

Too much cannot be said of the beneficial effects of canoeing as an exercise for the upper part of the body. The paddling movement strengthens the back, arms and wrists, and is valuable as a corrective for round shoulders. The backward swing of the paddle broadens and develops the chest. Exercises similar to the motions used in canoeing are prescribed as parts of the gymnastic work in a number of institutions.

Try it, anyway, this summer. A canoe trip may solve the vacation problem.

Advantage of Kneeling.

There are a number of advantages of this position. First of all, the knees can control the steadiness of the boat, often offsetting any tendency to wobble. In addition, the paddle may be handled more gracefully and the canoeist need not make a greater purchase on the water.

A half paddled this way can make half as much speed again as a boat manned by people who are kneeling on the edge of the seat as a back rest, this position may be kept for hours.

It is important that those in a canoe get comfortably settled before the boat leaves the wharf. Few people know, however, that if the position must be changed the safest way is to lean forward, grasping the gunwales, resting the weight on them. This counterbalances the effect of any shifting of the body.

The weight of the paddle is a very important factor, especially for the woman who is a novice. Nothing is so discouraging as the feeling that the paddle is so heavy that it retards the progress of the boat. It is not necessary to wield something as heavy as an oar to keep up the speed of the paddle. With a light paddle more muscle can be put into the stroke.

As soon as the beginner learns the regular strokes, she is likely to want to learn the "Indian," or under-water stroke. This looks most deceptive, yet needs such careful manipulation of the paddle that a novice is likely to be discouraged. The result of a beginners try it at once. Once under the water a paddle seems to develop a distinct mind of its own, burrowing under the secret of the boat with very wobbly results. Only a few skilled ones know the little twist of the paddle that makes this stroke successful.

Though the effect of having the canoe move without a sound is eerie, amateurs should not try the stroke unless carefully instructed by someone who really knows the secret. Generally speaking, it is better for the woman who is unfamiliar with a canoe to avoid the under-water stroke, and devote her spare energies to the perfecting of the standard stroke, so that she may learn to guide a boat the sooner.

Steering at the Bow.

The canoeist in the stern is supposed to do the ordinary steering. Often the one in the bow is called on to guide the boat in some emergency, so the canoeist in the bow should be learned as soon as possible after the first stroke is grasped. For example, a submerged log, a rock, or some other obstacle that the person in the bow may spy too late to guide the boat away may be avoided if the one in the bow can swing the boat aside. If the canoe is progressing on a very narrow creek, it is absolutely necessary for the bow paddler to do a little steering.

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Sanitation Needs of India

Missionaries May Hasten the Awakening of the East By Living Pious Example Rather Than By Teaching a Religion They Cannot Understand.

INDIA needs sanitation, not religion," according to Sister Devamata, of the Vendanta Circle of Boston, who is in this city providing relief work.

"Christian missionaries can do their best work by living among the people and influencing by their example rather than by attempting to teach a new religion," she continued.

"Vocational guidance is regarded as one of the newest phases of modern education, yet in 300 B. C. boys of India received advice concerning their future trades when they were ready to leave school."

"The learned men of India have always been considered idealists, yet it was the first to perfect and use the decimal system, discover the rotation of the earth and make use of algebra in solving problems of geometry and astronomy."

"India is following the lead of Japan and China in throwing off the degradation of caste. The countries of the East are awakening."

Sister Devamata told of the relief work being conducted by the Vendanta Circle in India where the country is swept by floods, famine or plagues. They maintain hospitals and dispensaries for the poor in five Indian cities, an industrial school in Bengal, a girls' school in Calcutta, and numerous monasteries for the training of workers.

Lessons For America.

After her experience as a student of India's religious and social life, Sister Devamata has been greatly impressed by the lessons the country can teach present-day civilization. Rapidly tracing the early settlement of India, she went on to account for the idealism which has been equaled by no other nation in the twentieth century. B. C. such a large scale, the mountains were so high, the forests so luxuriant, that nature seemed almost non-existent. These people, who were so nature to their own ends, so they developed a subjective civilization. There was only one caste at that time and the forest was the only university. Here parents left their sons for eight or ten years for instruction by learned men, and when the education was completed the young men received vocational advice. Now we think that vocational training is a new idea in education, yet in India it was always a part of the school work. The teachers perhaps advised one boy to become a soldier, another a farmer, yet occasionally they found a boy who had a special gift for

learning, and he remained at the school, continuing his study.

"These groups of students lived in great hermitages. Though the chief results of their thoughts are embodied in the Vedas, the oldest scriptures known, they did not neglect the sciences. They were the first to use the decimal system, giving it to the Arabs, who have transmitted it to us. They used algebra in astronomy and geometry, and as early as the fifth century discovered the rotation of the earth on its axis and proclaimed the law of gravitation. People may wise men and sages, which is recognized as having the most perfect grammar in the world."

"The entire philosophy was based on the science of evolution. But there was no conflict between religion and science. Since they knew the law of cause and effect they developed ideas of reincarnation, saying that a nature took souls to develop the body. It was not possible for man to evolve his full soul nature in twenty years. He needed repeated existences to accomplish this."

"The entire philosophy of India today has the high ideals set by the founders of religion. There are several reasons for the condition of India. First of all, she has not lived up to her ideals. In spite of the social reforms of Buddha and the sixteenth century, India has never returned to her early ideals. The change in rule also affected the life of the country, though the change in government has done much good. The government has India has fallen resulted in its striking."

Japan the Body, India the Soul.

"In the East, Japan stands for the body, China for the intellect and India the soul. The rising of the East reached Japan first, then China and now is touching India, just as we are first of our bodies, then our intellects and last of our souls."

"The West has brought no new religious message to India. Missionaries have done much in remedying sanitary conditions, yet they have failed to approach the people. It is a very important thing for a child to be told his parents are idolaters. Family life in India has been shattered and the attempt to shake a child's trust in his parents is so closely connected with the adoption of Christianity means that the convert becomes a social outcast, and may never associate with his people."

The holy men of India influence the people by the piety of their lives. Missionaries can do the most good by influencing the people and influencing them by the power of example rather than by trying to teach a religion the natives cannot comprehend.

Cleaning the Gas Stove

Some Suggestions to Keep the Range Working to Its Maximum Efficiency.

By MRS. CHRISTINE FREDERICK

(Copyright, 1915, by Mrs. Christine Frederick)

If there is one thing the city woman has to be thankful for, it is the opportunity to use a fuel as cleanly, as easy to operate, and with as few waste products as gas. Compared to the old coal range with its ashes, dust, and labor of coaling, the gas stove seems like a magic equipment.

Turn the lever to the left and you have a fire. Turn to the right and it is gone! But even this easiest of all stoves to keep clean requires slight daily care. It goes without saying that the heater and more careful the worker, the less dirt she will make for herself around the stove. Selected pots will surely "boil over" with disastrous results to burner and tray beneath. Matches heedlessly dropped into the same tray accumulate, clog, and make the stove unsightly. It is best to have a double receptacle like two small spoons cast in one, or enough to the stove to make it impossible to drop burned matches anywhere but in the boxes. Again, the operator should be scrupulously clean, and the amount of material in the utensils gauged so exactly, that the cost will be no excuse for any boiling over.

Most of the stoves, even the small rented ranges, can be fitted with a white enamel tray instead of the older type trays of galvanized or sheet iron which were black, unattractive and very difficult to clean. The enamel trays cost from 50 cents up, are very easy to wash and always give a clean, sanitary appearance to the upper part of the stove.

Not all housekeepers know that the top burners of the stove lift out very easily, fitting, as they do, into the socket or pipe which connects them with the gas supply. On wash day or other convenient times, all the burners but one can be removed and placed in a large utensil of scaling water with strong soap or washing soda, and boiled for a half hour. When rinsed and dried, they will be found free from grease and can be adjusted back into place.

The same result can be obtained by brushing out and wiping with a linseed cloth. This will prevent rusting and easily removes dust accumulations underneath the oven. If a stove is to be kept clean, it should be medium, it must be kept clean, and the air valves properly adjusted, burners unlogged, and the whole surface of the stove such that the worker will enjoy and be able to keep neat while working at it.

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NO HARD WORDS.

Mrs. Smith was engaging a new servant, and sat facing the latest applicant. "I hope," said she, "that you had no angry words with your last mistress before leaving."

"Oh, dear, no, mum; none whatever," the prospective maid replied, with a look of her head. "While she was having her bath I just soaked the bathroom door, took all my things, and went away as quietly as possible."—Youth's Companion.

27300 1-lb. Loaves to the Bbl.</